

Land Down Under

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hedy McAdams (USA)
音樂: Down Under - Men At Work



A special thank you to Jeanette Feinberg, San Mateo, California, for suggesting the recommended music for this choreography, and to Sheila Lee, of Brea, California, for suggesting the country alternative

RIGHT-LEFT-RIGHT, SKATE, SKATE, LEFT-RIGHT-LEFT, RIGHT, BACK

1&2 Angling body left, shuffle forward, right-left-right
3 Turn body ¼ left (9:00) and skate (slide-step) left to the left
4 Angle body right and skate (slide-step) right to the right
5&6 Turn body ¼ left (6:00) and shuffle forward left-right-left
7-8 Step right to right, step left back

You should be facing 6:00 wall, weight left

CROSS & CROSS, LEFT, BACK, CROSS, & CROSS, & CROSS, TURN

1&2 Cross shuffle left, right over left, right-left-right
3-4 Step left to left, step right to right and back
5 (Begin cross shuffle to right) cross left over right
&6 (Short) step right to the right, cross left over right
&7 (Short) slide-step right to right, cross left over right
8 Step right to right and turn body ¼ left (3:00)

You should be facing 3:00 wall, weight right

WALK, TAP, CROSS-BALL-STEP, WALK, TAP, CROSS-TURN-SIDE

1 Step left forward (bending left knee into a "dip")
2 (Straighten left knee to standing) tap right toe diagonally forward right
3 (Begin cross-ball-step) cross right over left
&4 Step ball of left to left, step right forward
5 Step left forward (bending left knee into a "dip")
6 (Straighten left knee to standing) tap right toe diagonally forward right
7 (Begin cross-ball-side with a turn) cross right over left
& Turn body ¼ right (6:00) and rock-step ball of left to left
8 Step right to right (and slightly back)

You should be facing 6:00 wall, weight right

CROSS, & BEHIND -& CROSS, TURN, BACK-TOGETHER-FORWARD, FULL TURN, STEP

1 (Begin running vine) cross left over right
&2 Step right to right, step left behind right
&3 Step right to right, cross left over right
4 Turn body ¼ left (3:00) and step right back
5 (Begin coaster-step) step left back
& Step right beside left
6 Step left forward (with left toe pointed left)
7 Step forward on ball of right and turn a full turn left
You needn't make it all the way around in one count. It is ok to use count 8 to complete the turn
8 Step left forward

REPEAT